



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 01111, Milk shakes, thick vanilla

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	74.45	10	0.833	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	112	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	468	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Protein	g	3.86	10	0.098	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	3.03	10	0.140	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	0.91	10	0.022	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	17.75	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	17.75	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
<strong>Minerals</strong>													
Calcium, Ca	mg	146	10	5.810	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.10	10	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	12	10	0.510	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	115	10	4.081	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	183	10	9.417	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	95	10	2.244	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	0.39	10	0.045	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.051	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	2.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.195	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.146	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.368	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-6	mg	0.042	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	μg	7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Folate, DFE	μg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Choline, total	mg	14.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Vitamin B-12	μg	0.52	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Carotene, beta	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	01077	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	91	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.05	--	--	--	--	--	--	--	--	Calculated or imputed	01077	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	1.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Vitamin D3 (cholecalciferol)	µg	1.2	--	--	--	--	--	--	--	--	Calculated or imputed	01077	07/2009
Vitamin D	IU	48	--	--	--	--	--	--	--	--	Calculated or imputed	01077	07/2009
Vitamin K (phylloquinone)	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	01077	01/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	1.886	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.098	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.076	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.085	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.305	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	0.797	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.367	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	0.875	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	0.762	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Amino Acids</b>													
Tryptophan	g	0.054	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.174	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.234	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	0.378	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	0.306	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.097	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	0.186	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.186	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine	g	0.258	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.133	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	0.293	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	0.808	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.082	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	0.374	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	0.210	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003